

## CDHD Mission:

To prevent and treat disease and disability;  
To promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

## Purpose:

The main purpose of Meals On Wheels is to provide nutritious meals and nutrition education for people sixty and older who are homebound and unable to prepare meals. In addition to meals, the MOW program provides daily contact with seniors.



707 N. Armstrong Pl.

Boise, ID 83704 • (208) 327-7460

[cdhd.idaho.gov](http://cdhd.idaho.gov)

Central District

Health Department's

# Meals On Wheels Program



Serving senior citizens in

Ada and Elmore counties

Since 1974

## REFERRALS

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Referrals are taken from anyone, including prospective clients. When making a referral, it is important to make sure the client is interested in receiving a meal.

Meals On Wheels is a community nutrition program. After a referral is taken, a quick assessment to determine eligibility is done. Meals can usually be started the next day.

## MEALS

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There is no means test for participation in the Meals On Wheels Program. We do suggest a \$3.00 donation per meal. No eligible person will be denied a meal due to inability to donate.

Meals are available on a five-day per week basis and freezer meals are available for the weekends and holidays.

Each meal contains one-third of the Recommended Dietary Allowance for an adult. Each meal meets diabetic, low sodium and low fat guidelines.

## DELIVERY

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The meal is delivered about the same time each day.

The client's address will determine what time of the day the meal will arrive.

The routes run from approximately 10:30 a.m. to 5:00 p.m.

### [In Ada County](#)

Call the Senior Nutrition Program for delivery.

(208) 327-7460

### [In Elmore County](#)

Call the Mountain Home Senior Center.

(208) 587-4562

Glenns Ferry Senior Center

(208) 366-2051